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MALE PIX

No. 1

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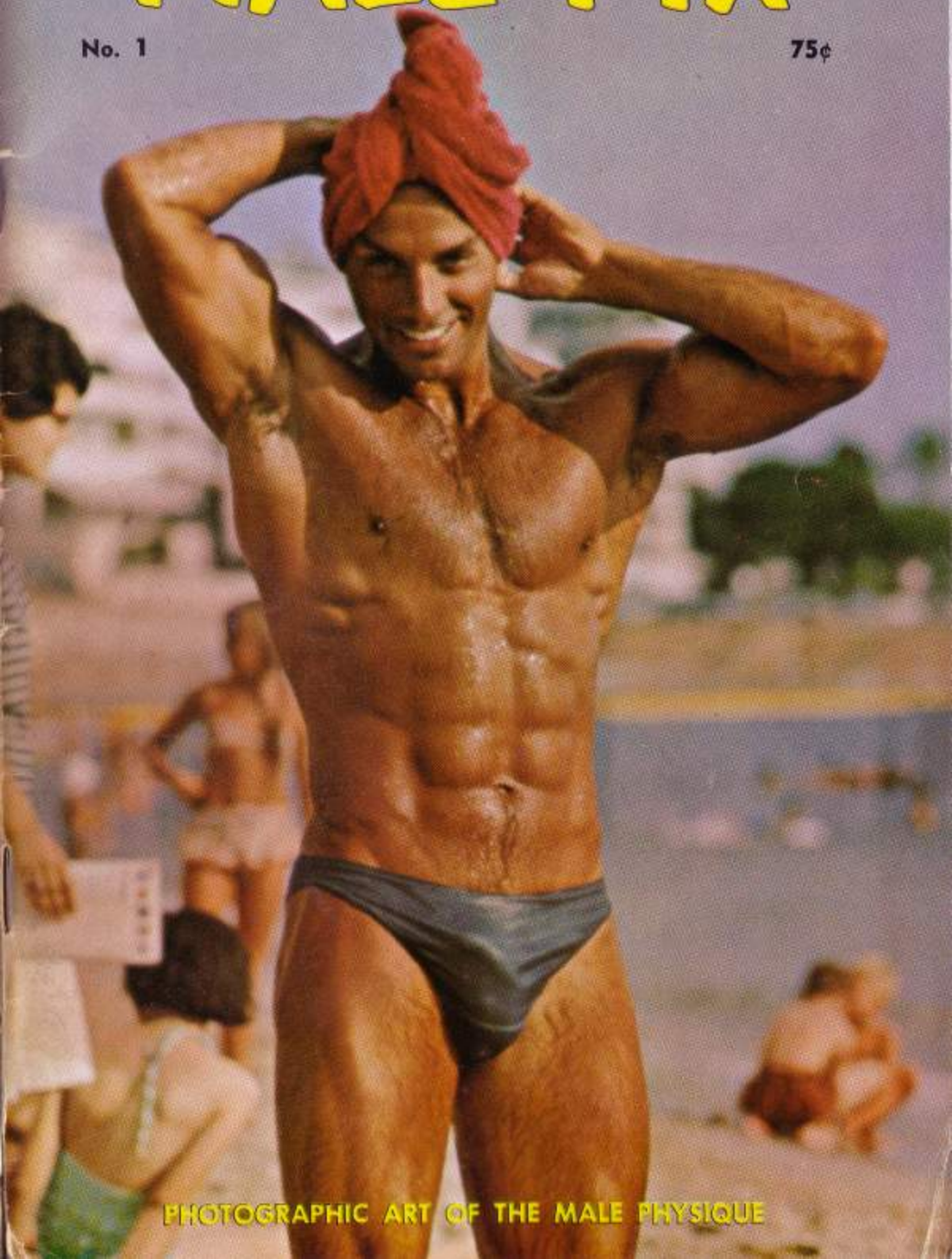

PHOTOGRAPHIC ART OF THE MALE PHYSIQUE

BARRY MURPHY

(Kriss)

MALE PIX

No. 1 **JUNE 1969**

DEVOTED TO THE

PHOTOGRAPHIC ART

OF THE MALE PHYSIQUE

and

DEDICATED TO THE

INTERESTS OF

HEALTH AND BODYBUILDING

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— *On Our Covers* —

Front

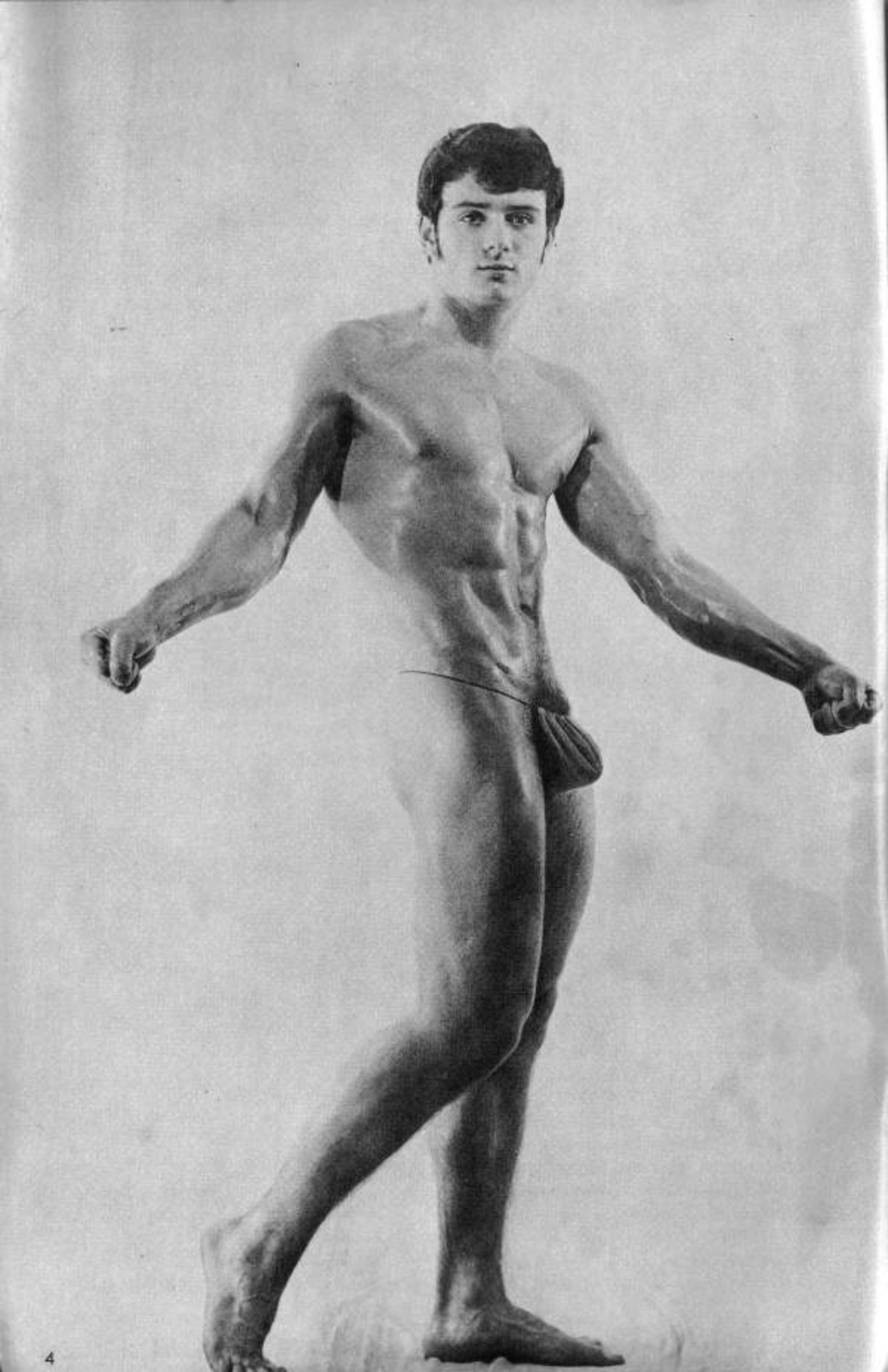
TONY RIVIERA

Paignton

Back

BILL PRESTON

Moorton-Hoffman



Two Studies of

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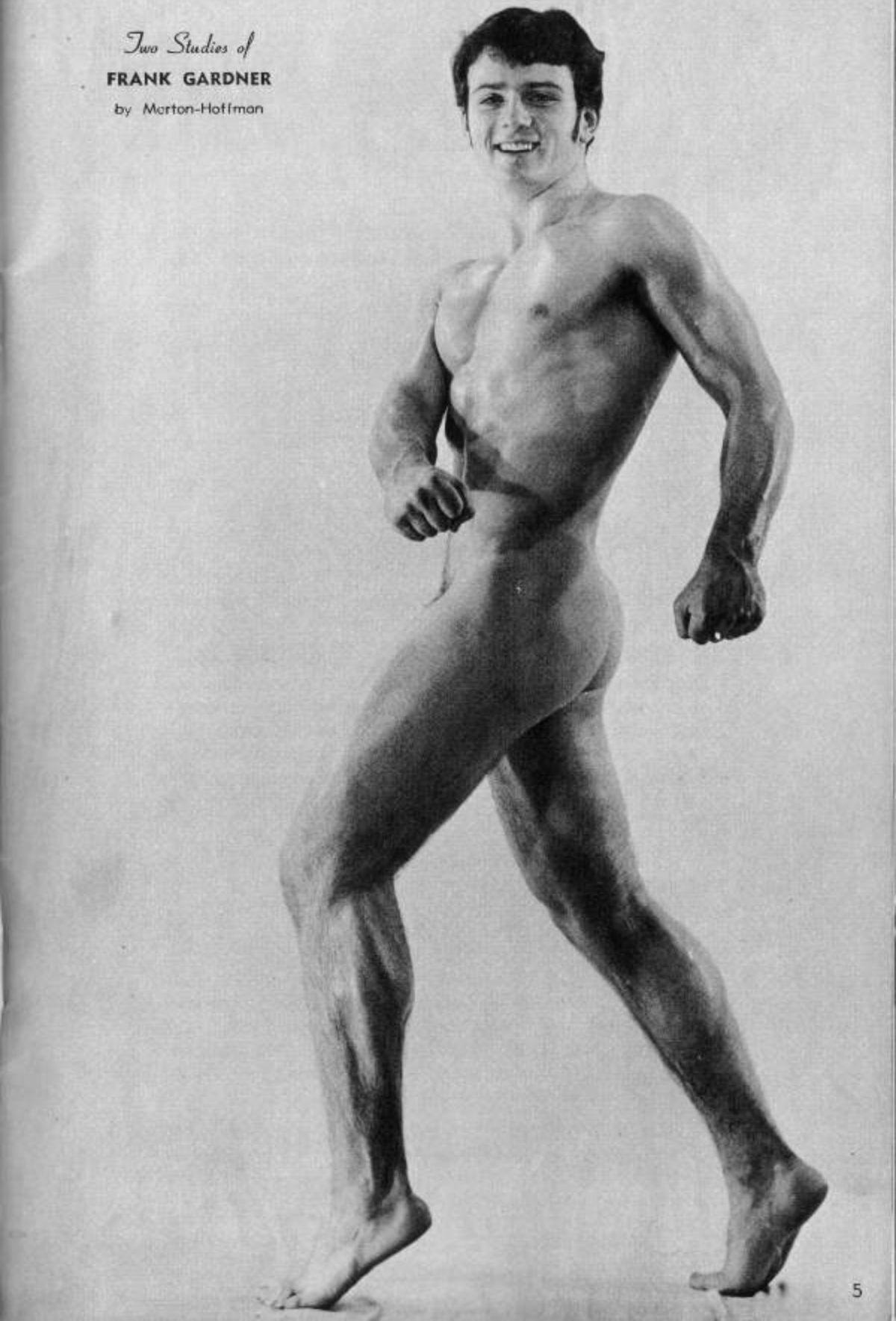
by Morton-Hoffman



TRAIN!

It is not hard to develop an athletic physique, just pay attention to the natural requirements of your body, bearing in mind diet, rest, hygience, healthful habits and exercise. In these courses you will learn much about these things and you will be amazed how easy it is for you to live better and feel vital once you know the secret of physical success.

Perform all exercises with light weights and increase the number of repetitions as you progress. The object of such training is to give the muscular groups as much movement as possible without tiring them and to warm up the muscular system as a preliminary to pursuing some other form of specialised training, or simply for the purpose of maintaining a good all-round level of fitness. It is essential to perform each exercise strictly as described ,in order that all parts of the body receive a full "work-out".

Getting started: The first thing to decide is where you are going to train. You must have adequate space in which to exercise. There must be no dangerous edges of furniture or any rough, pointed objects close enough to your work-out space to permit the possibility of your hitting them and injuring yourself. The exercising area should be well lit and ventilated, not draughty or damp.

Once the training space is selected, the choice of wearing apparel comes next. You should dress warm enough to induce moderate perspiration, this will vary according to the temperature of the room. In cold weather wear a sweat shirt, woollen socks and shorts. In the very warm weather, you may need only a pair of bathing trunks. NEVER exercise in your bare feet . . . always wear socks and gym shoes, winter and summer. Many colds, foot injuries and other troubles are due to not having adequate foot covering, so use common sense here.

When to exercise: You should train a minimum of 3 or 4 times a week, more if possible. From fewer workouts you will still derive some benefit, but try if you can, to adhere to these periods.

If your occupation does not entail a great amount

KEEP FIT

of physical movement, you may exercise 4 or 5 times a week, increase work-outs when exercise becomes easier.

For most, the ideal training time will be in the late afternoon, after school or work and BEFORE your evening meal. NEVER train directly after eating . . . always permit at least 2 hours to elapse after a meal before exercising.

For those who cannot exercise in the late afternoon, they can select any training time which is two hours after any meal. It is not advisable for anyone to train in the early morning as your energy is not high at such an hour. A little experimentation will show you just when you have the highest energy for training and you should try to train at that hour each day.

After the work-out: After you have finished exercising, you should take a shower or bath, rubbing a rich lather of soap into the skin and cleaning the pores.

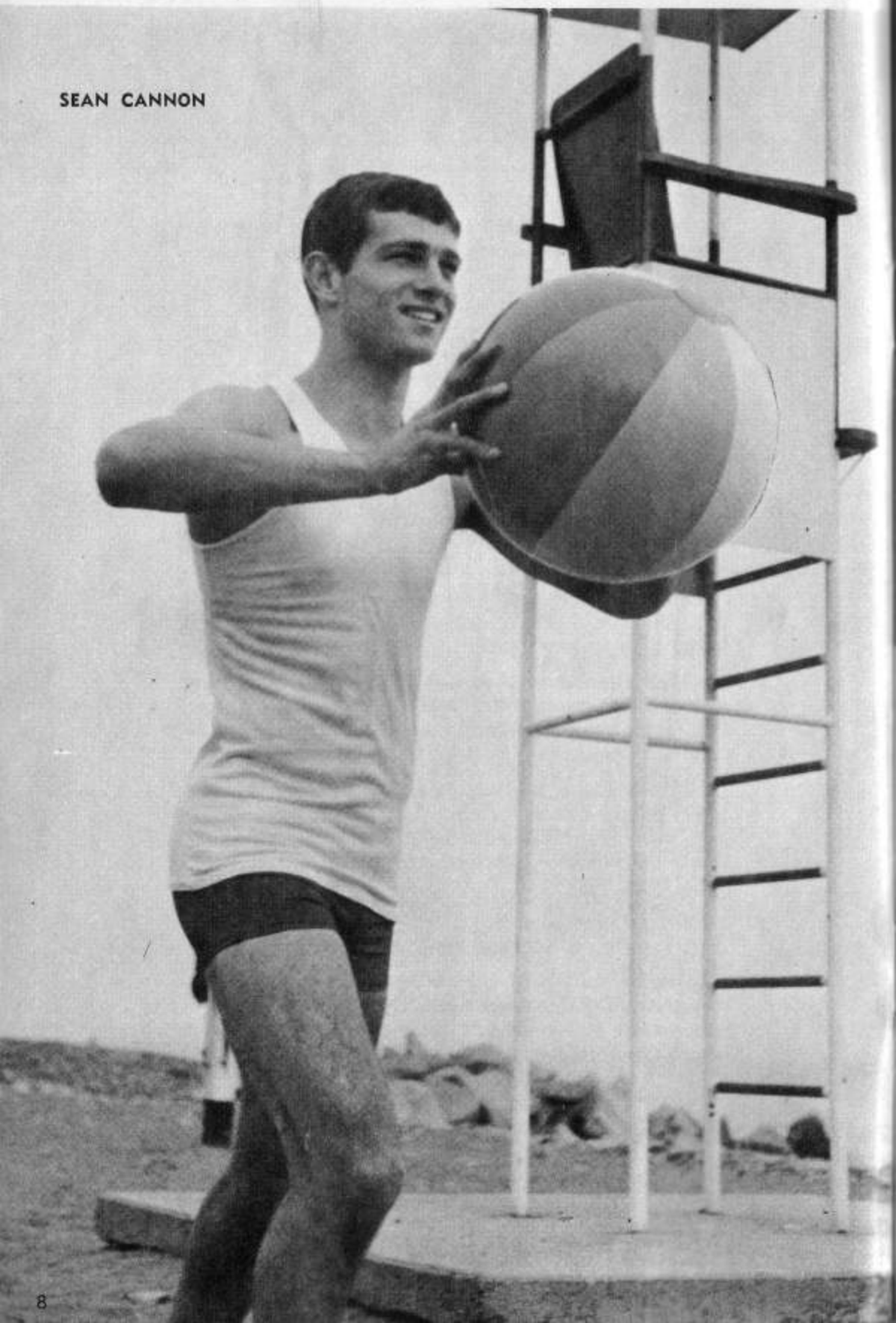
After the bath or shower, rub the body with a rough, clean towel until the skin glows, dry and tingling. Then you can finish up this phase with an ombrocation if you wish.

Cleanliness is important: Everything you w e a r, touch or use should be kept clean . . . towels, clothes and body. Dirt breeds disease . . . cleanliness combats it . . . let cleanliness be your guide.

Hygiene: Your daily hygience should consist of the careful grooming of the hair, cleaning of the teeth, daily shower or bath, and absolute cleanliness of wearing apparel

Rest and Relexation: Most adults need at least 8 hours sleep; children need more, preferably in a room where fresh air circulates. You should sleep as much as you require for maximum rest and good health. More is waste of time. Less, undermines the vitality, lowers the resistance and eventually causes body damage.

You cannot DRIVE yourself at peak speed all day, and time should be taken occasionally to relax and enjoy yourself. Put aside a regular amount of time each day for exercising and some other enjoyable hobby.



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SEAN CANNON

Three Fine Studies from Canada

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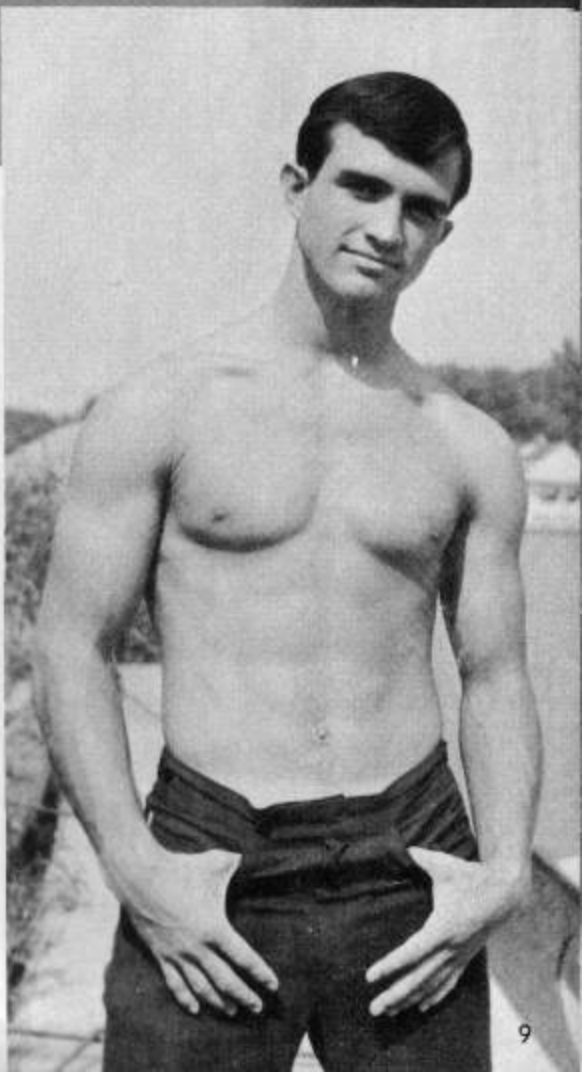

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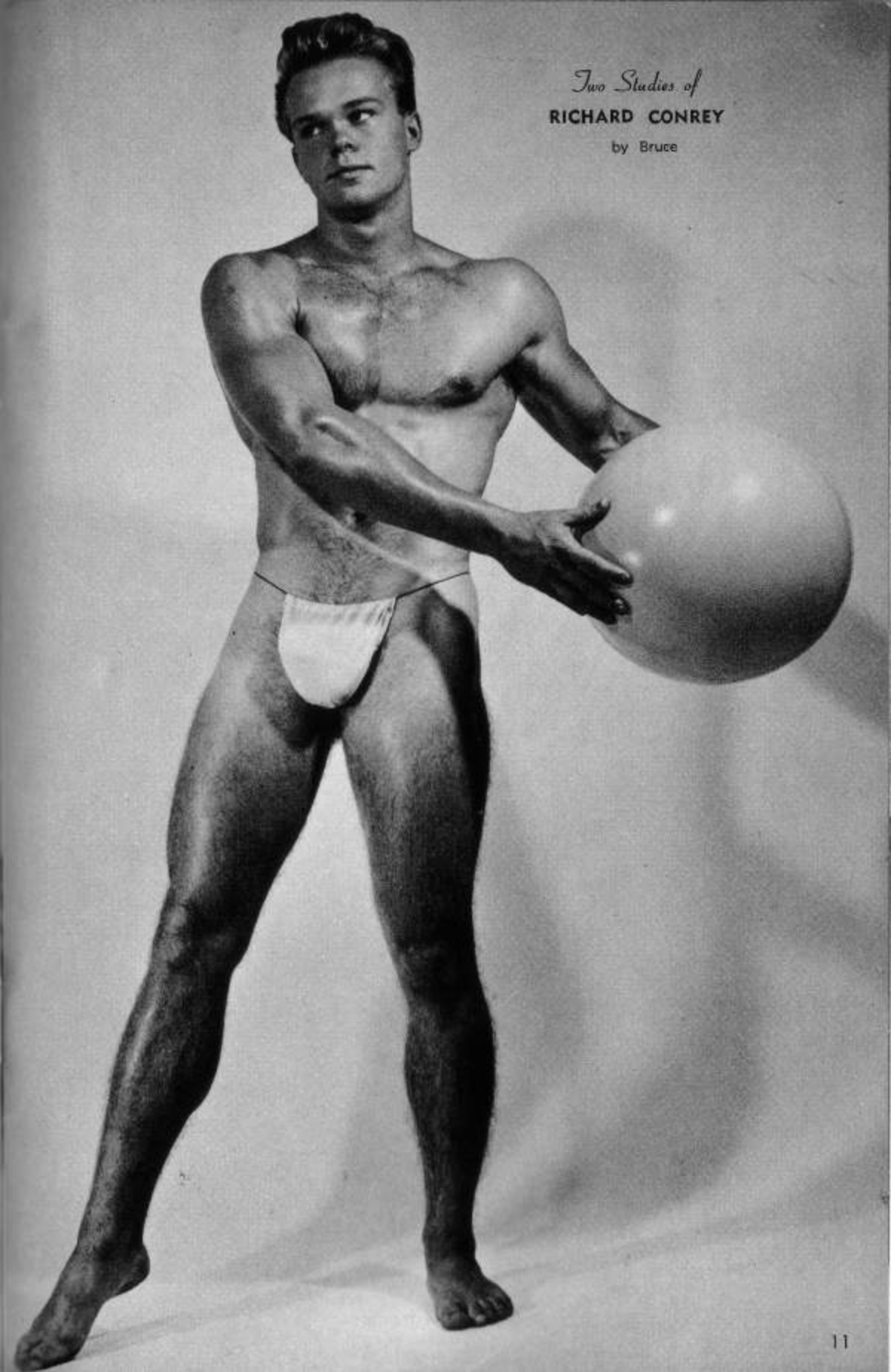

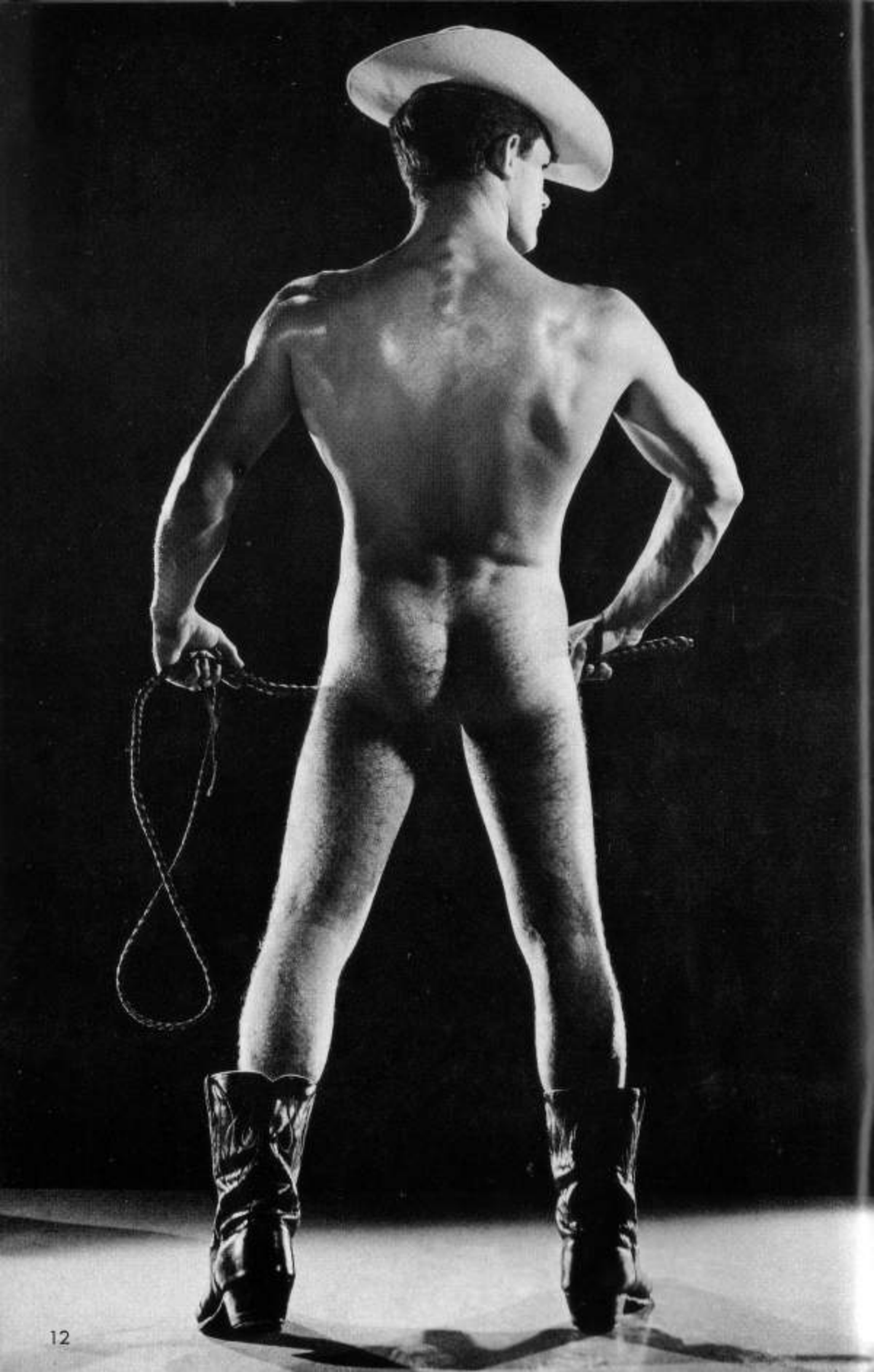

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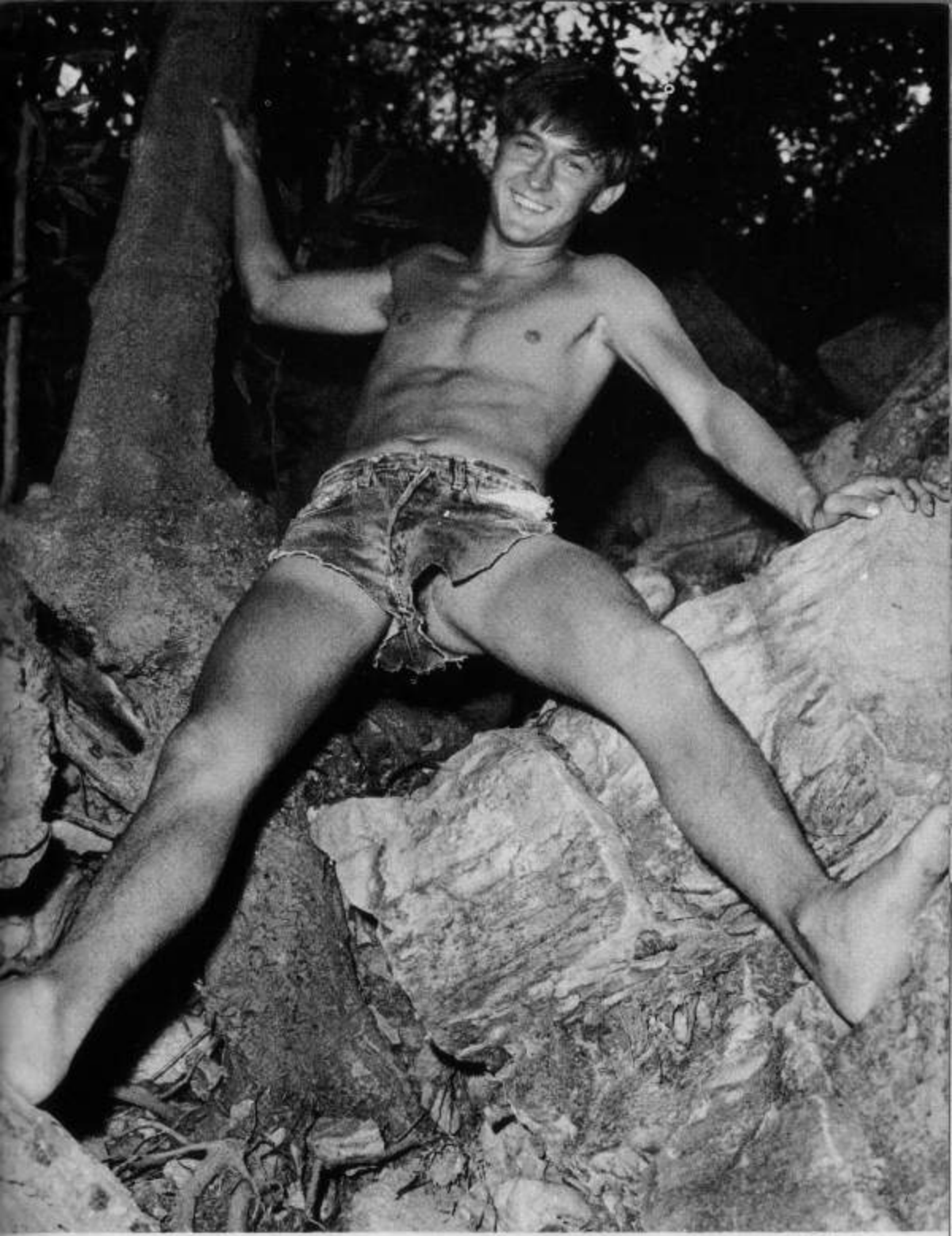
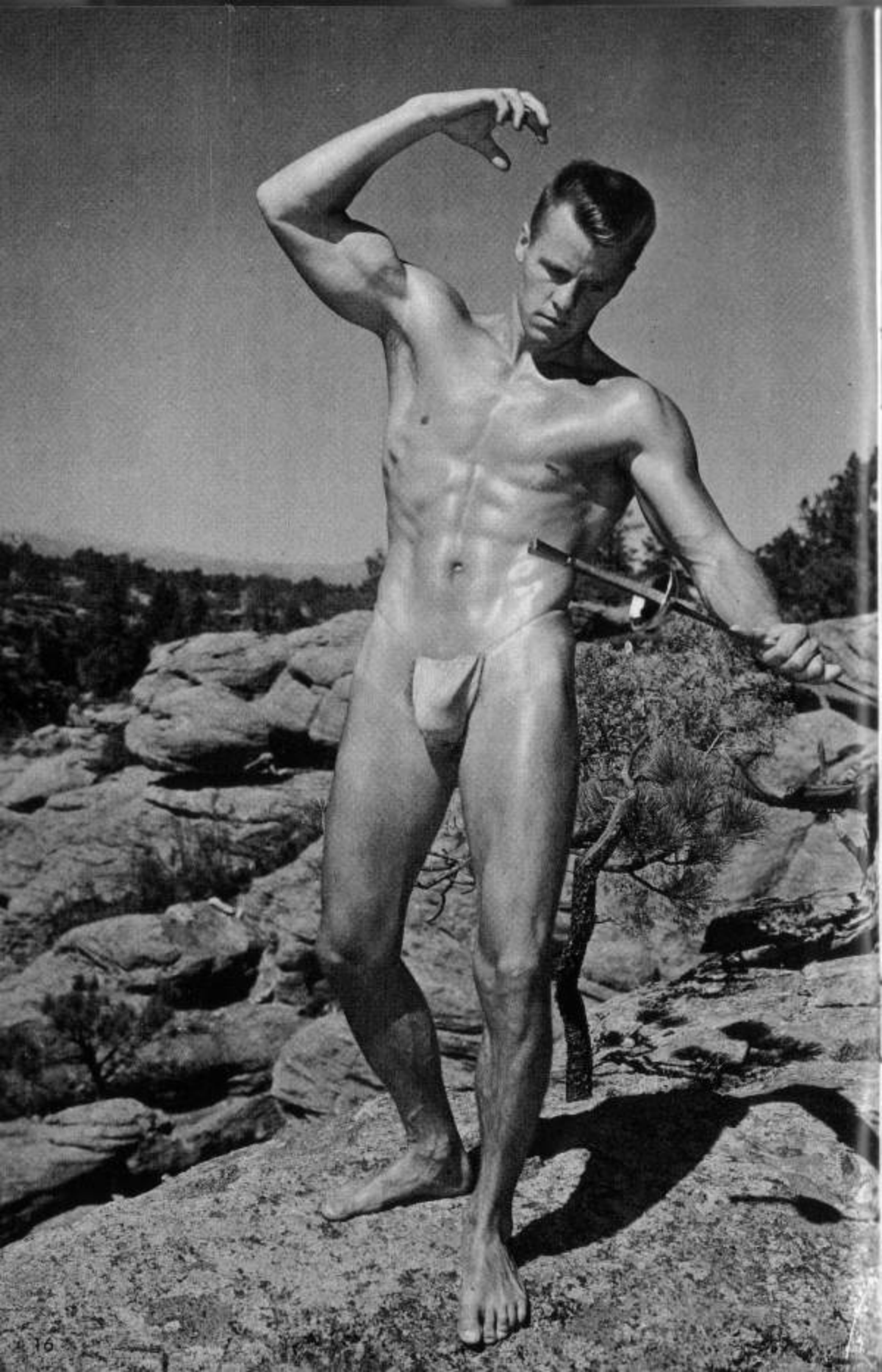
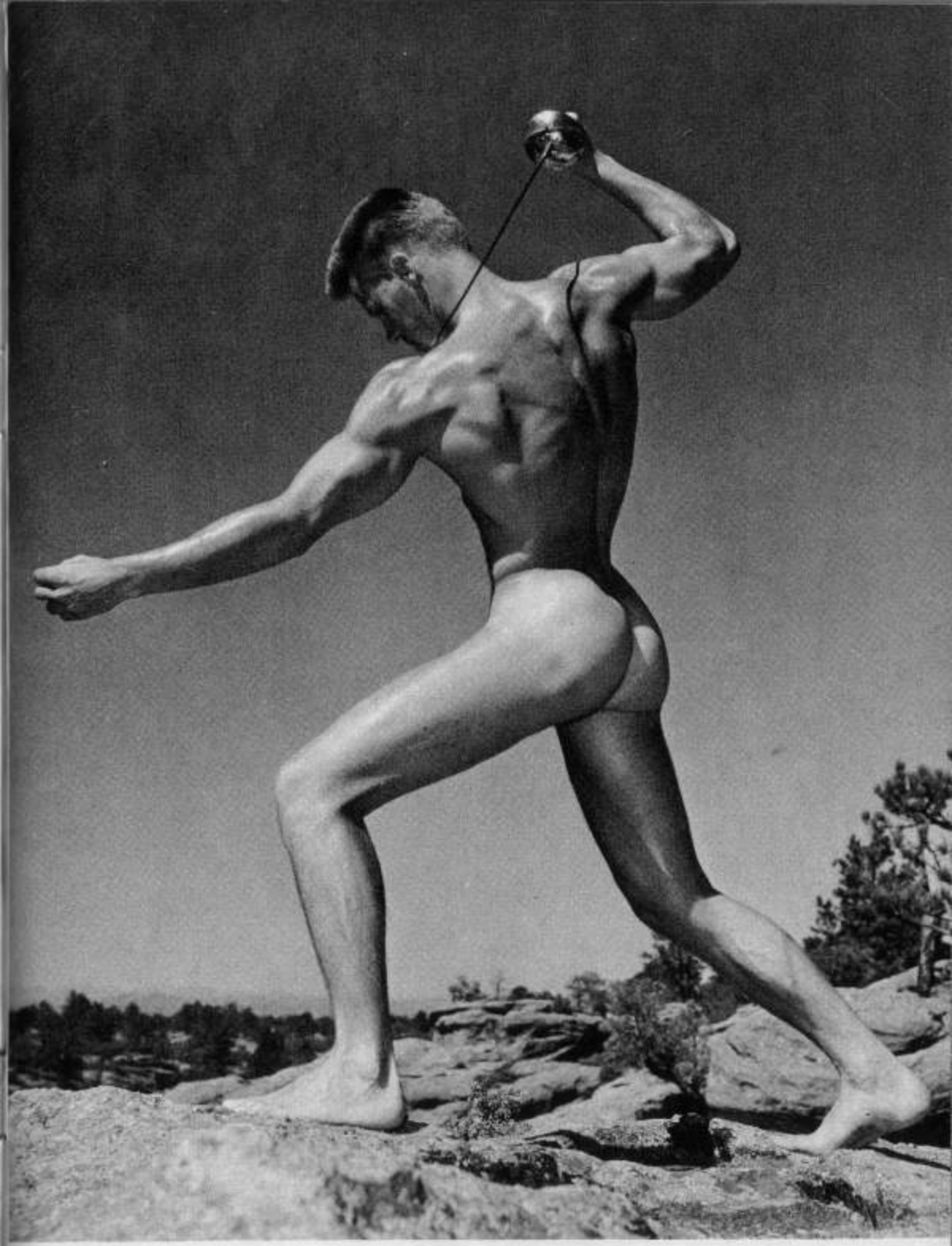


Roberts

DUSTY ADAMS





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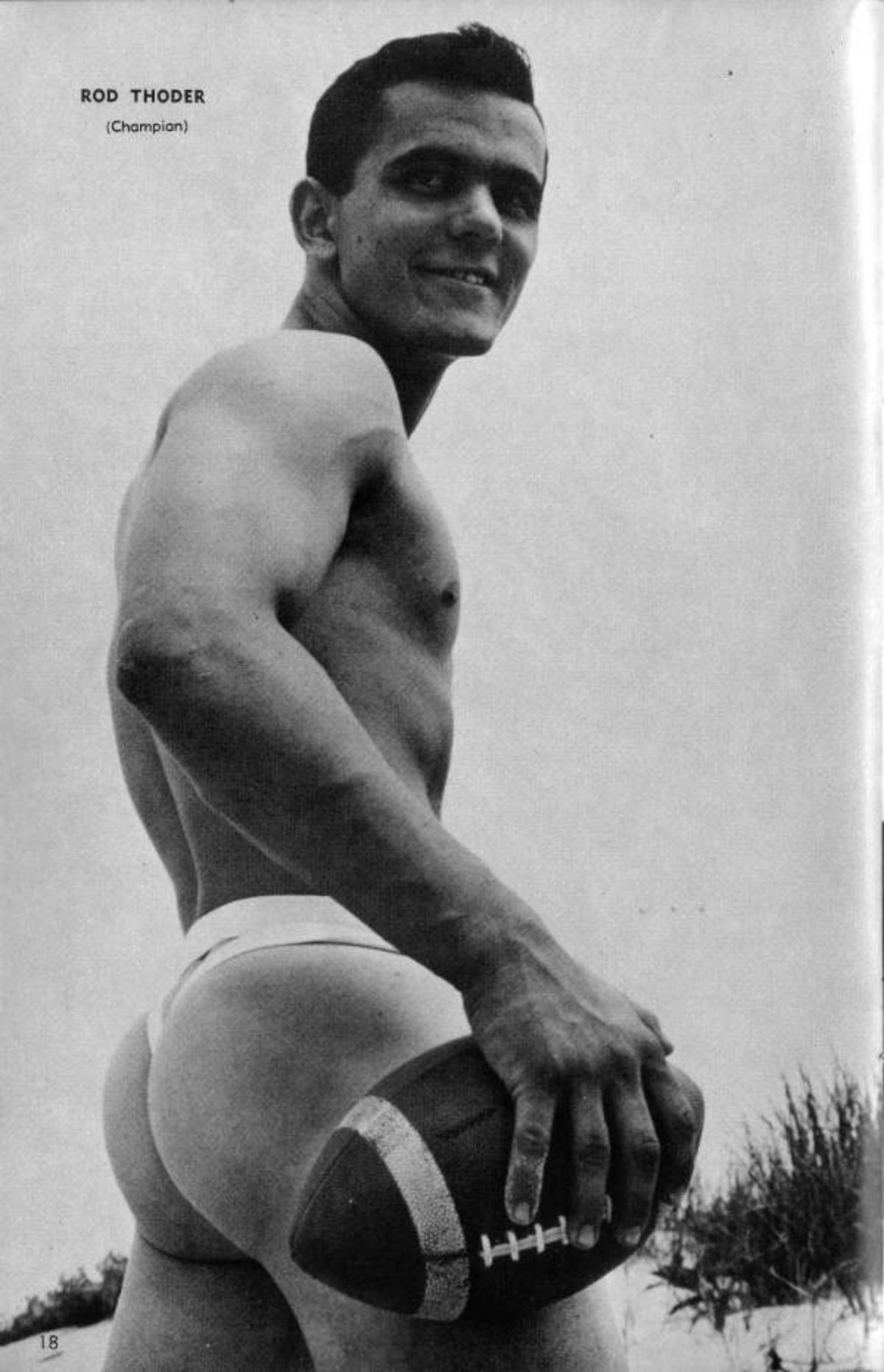
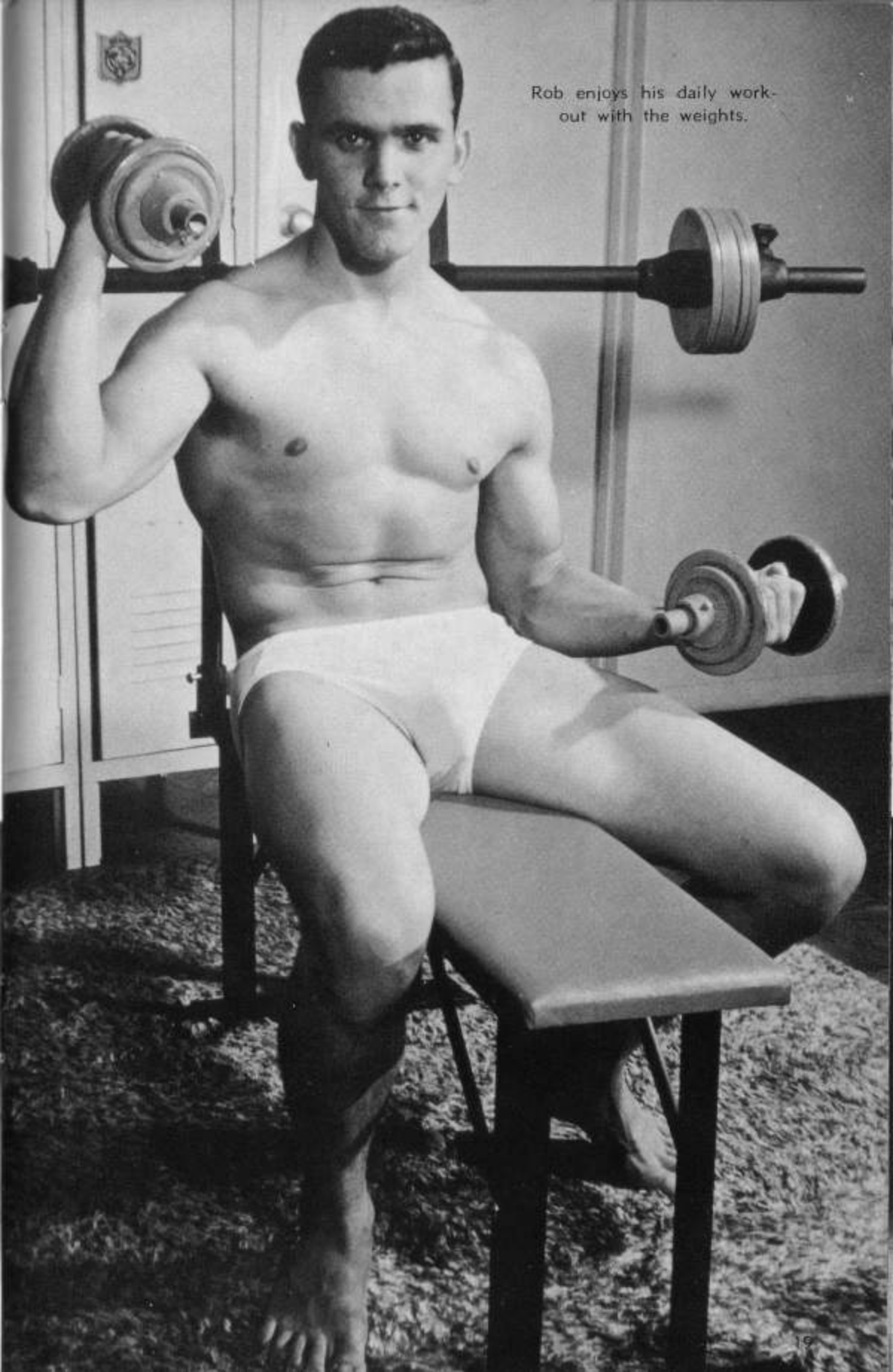
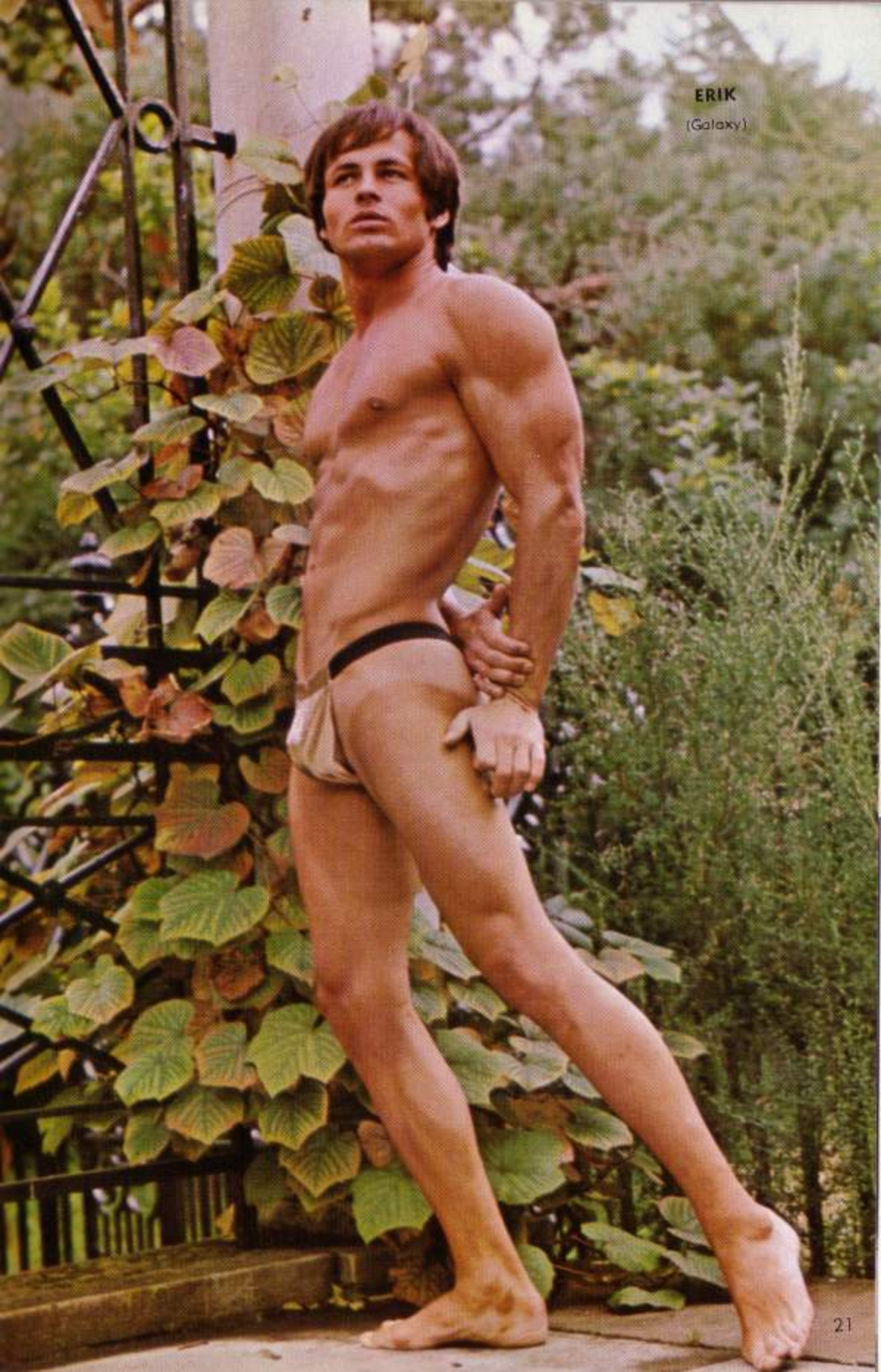


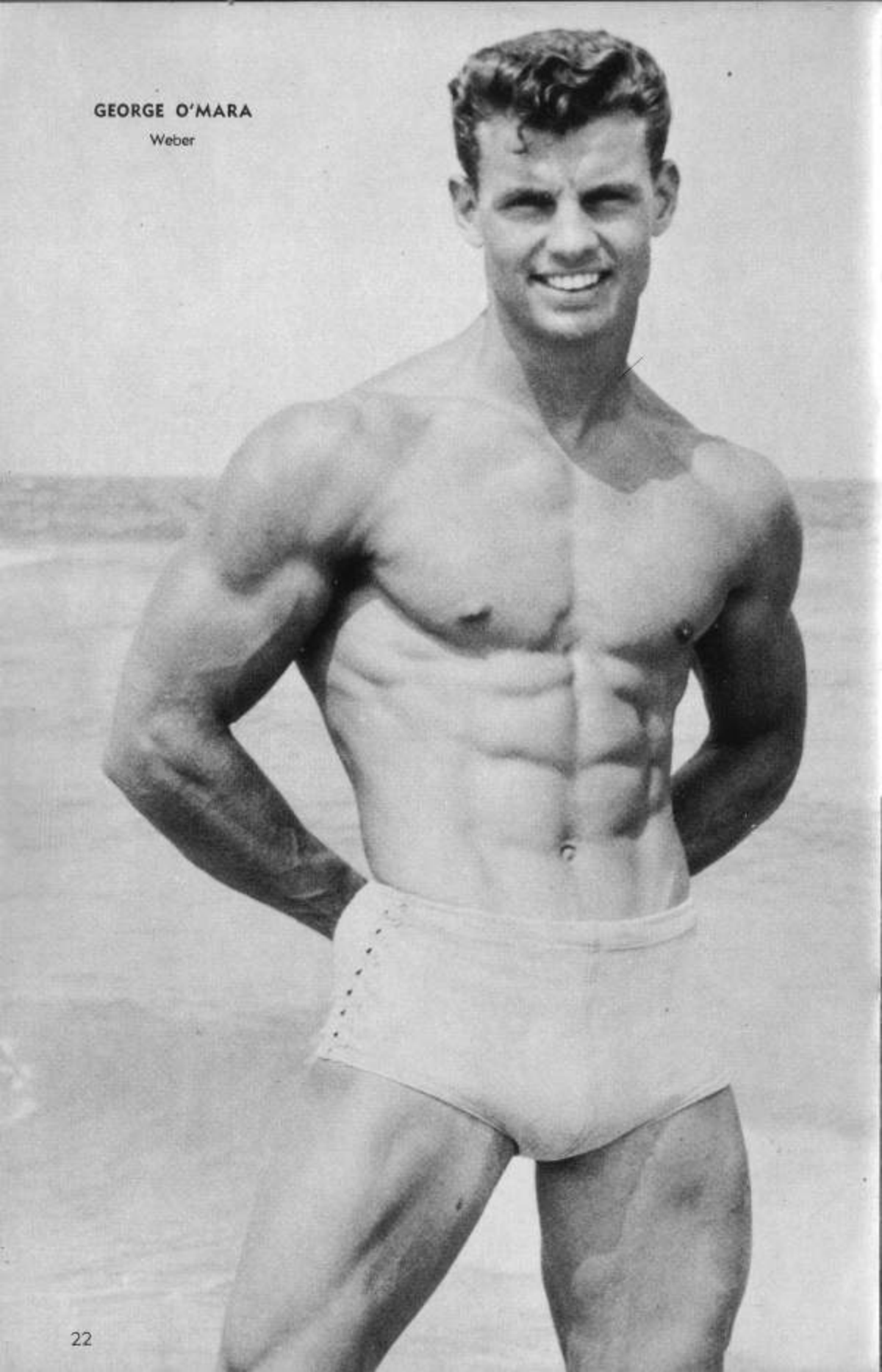


Rob enjoys his daily work-out with the weights.

DARRYL POWERS
(Champion)



ERIK
(Galaxy)



GEORGE O'MARA

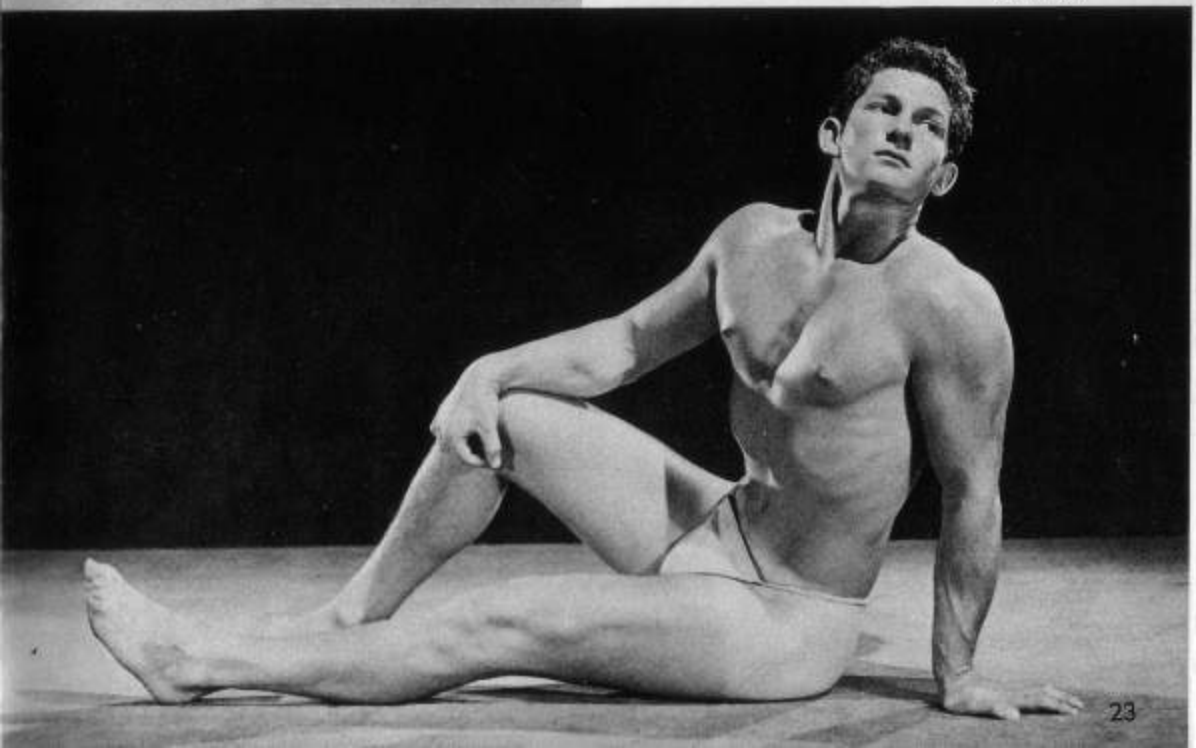
Weber

ANDRE DUCET

(Winterset)

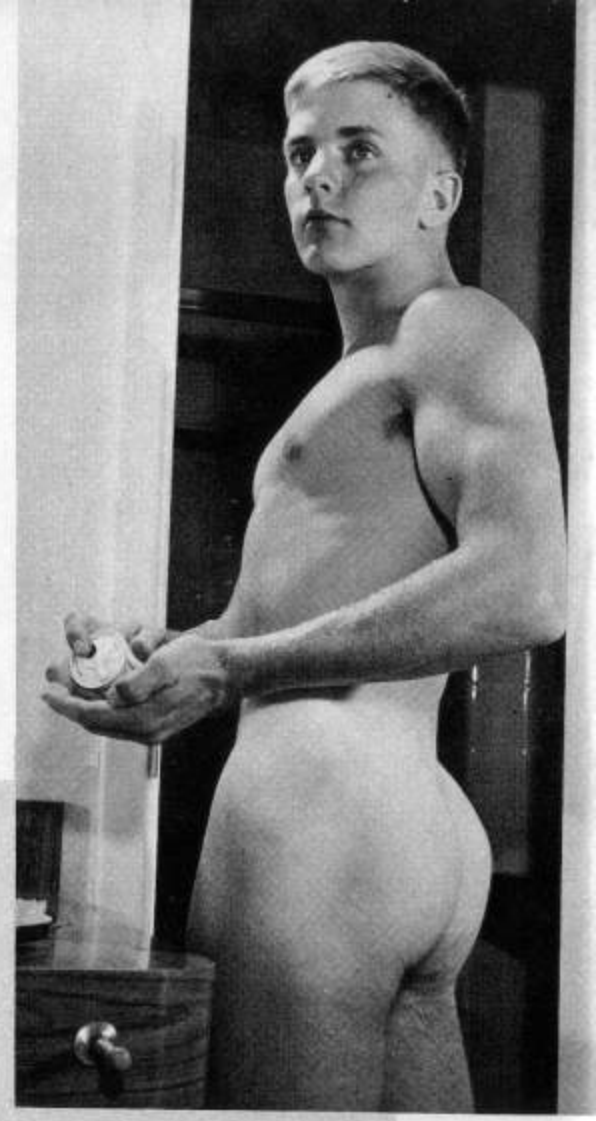
ANDY SCOTT

(Sparton)



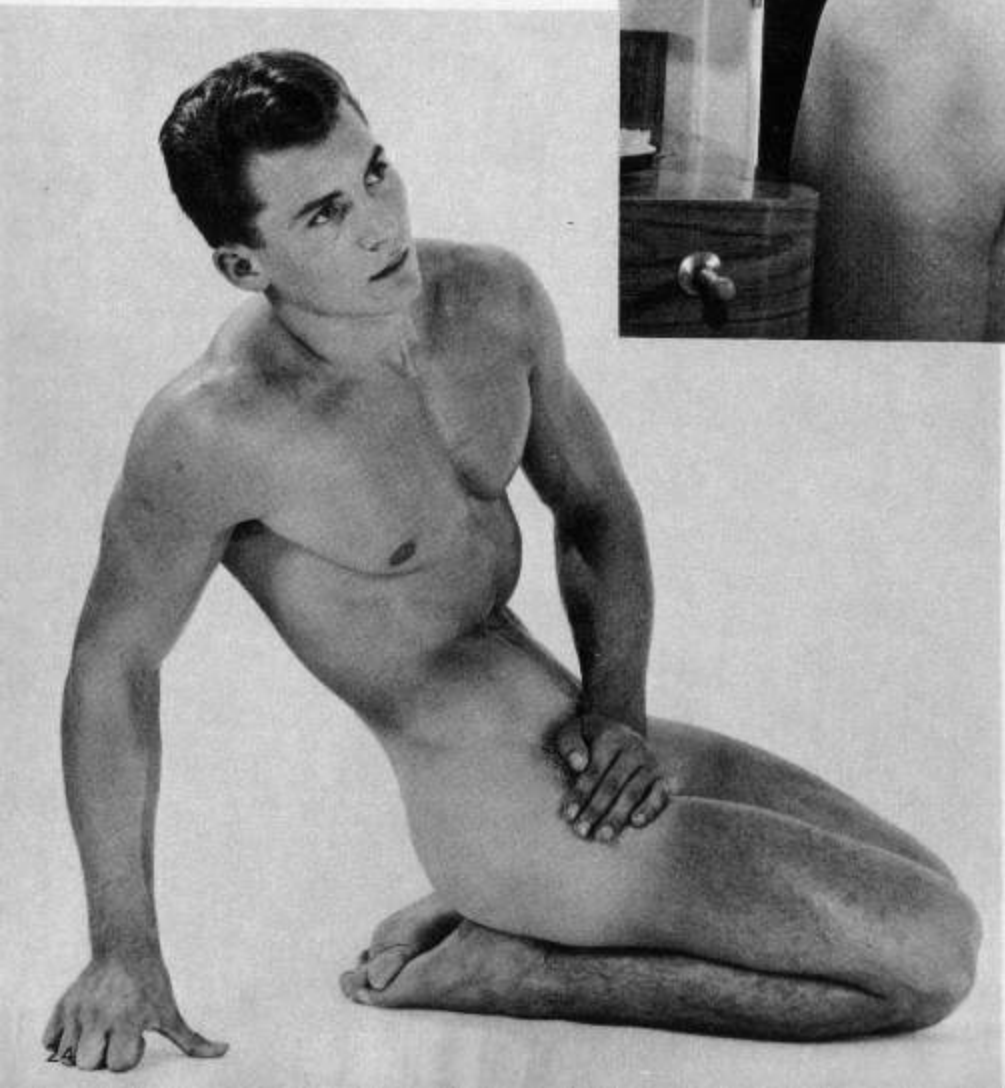
TUCK POWELL

(Champian)



STEVE WENGRYN

(Male-Today)



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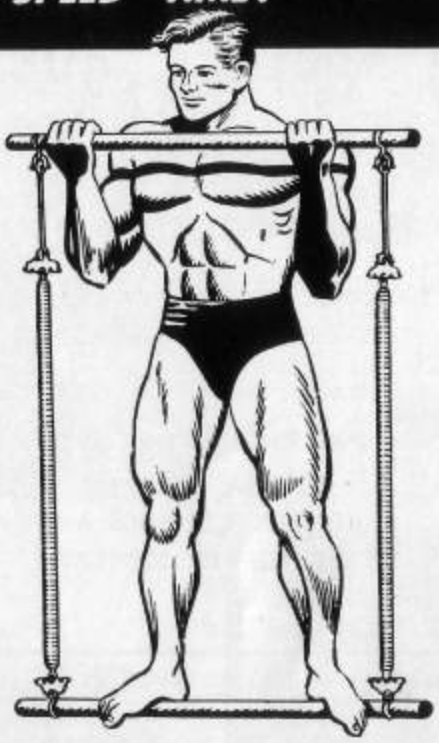

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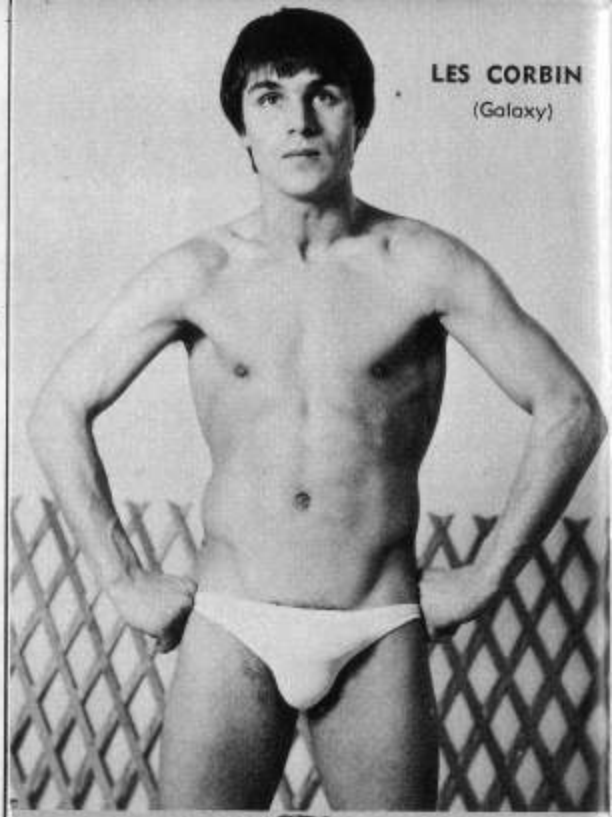
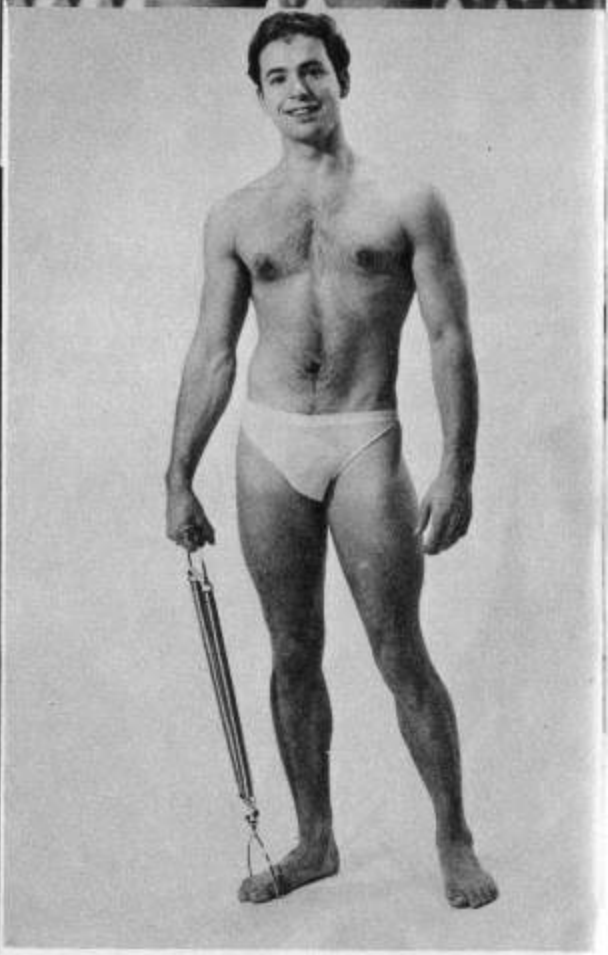


LES CORBIN
(Galaxy)



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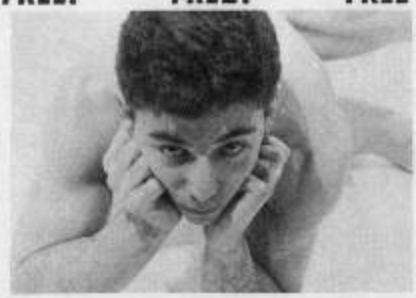

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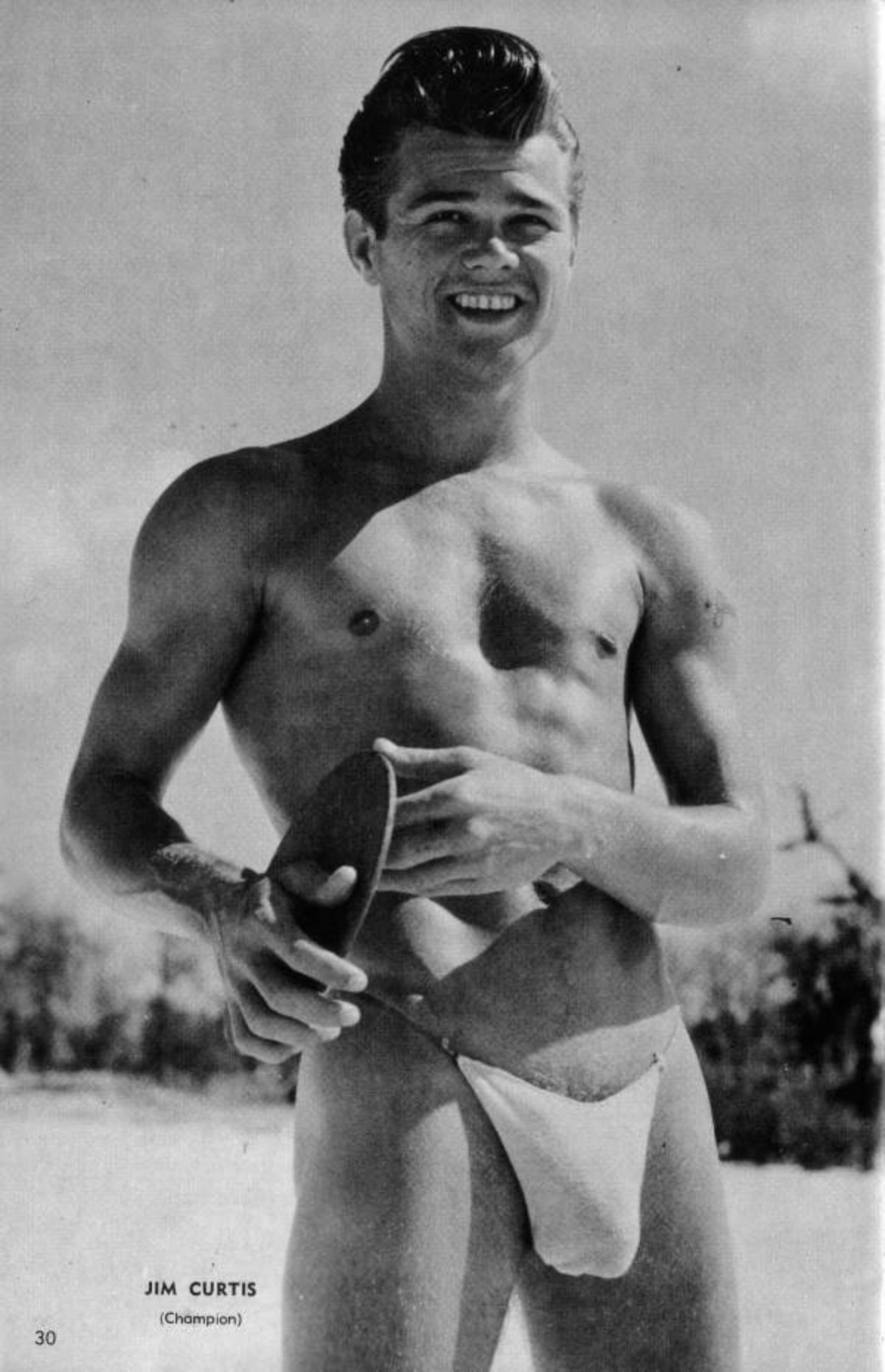

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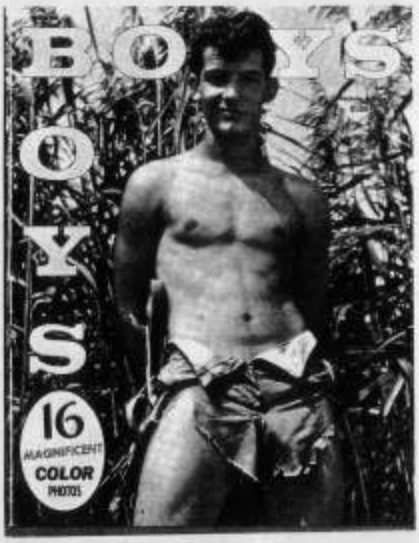

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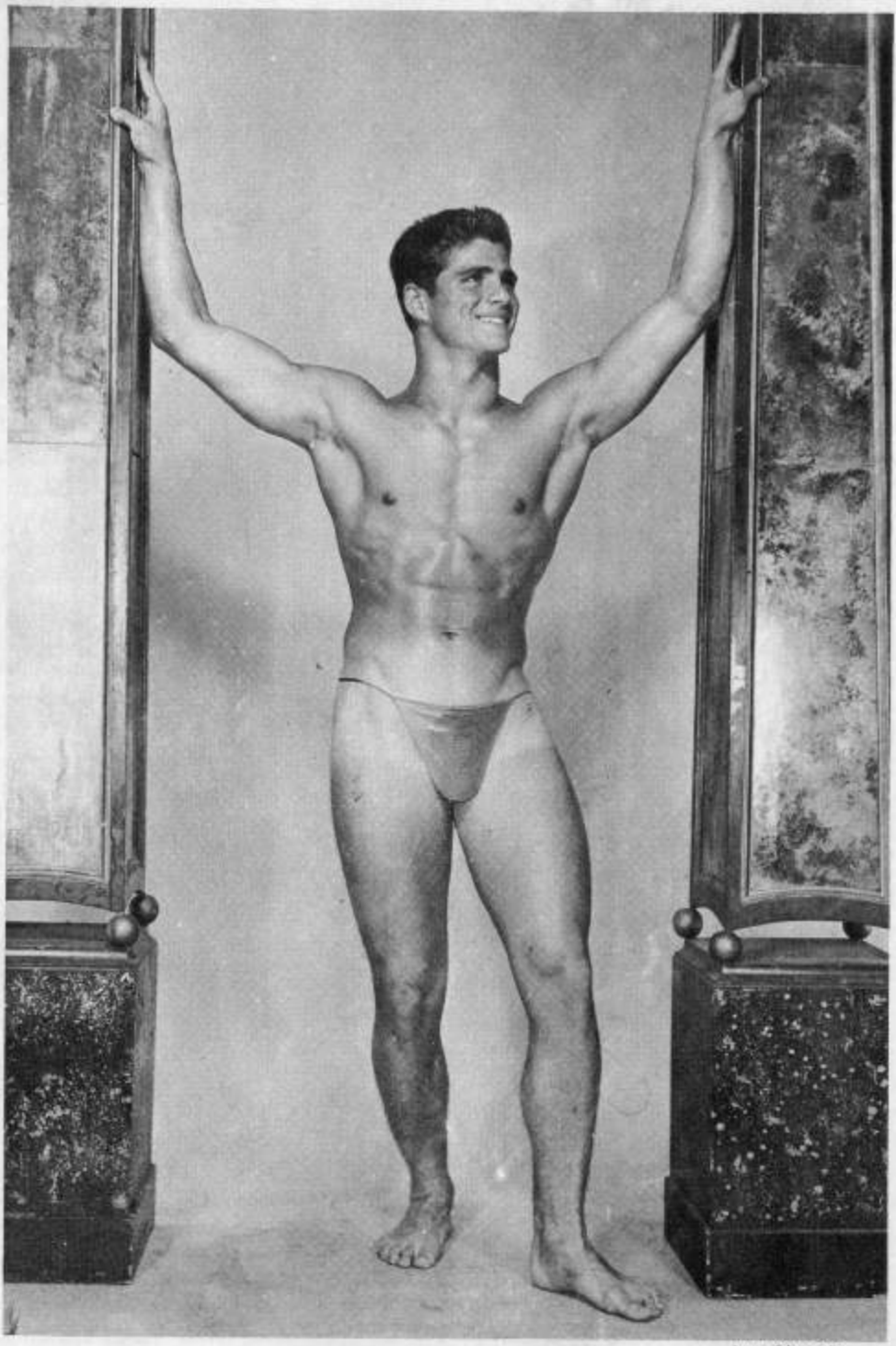

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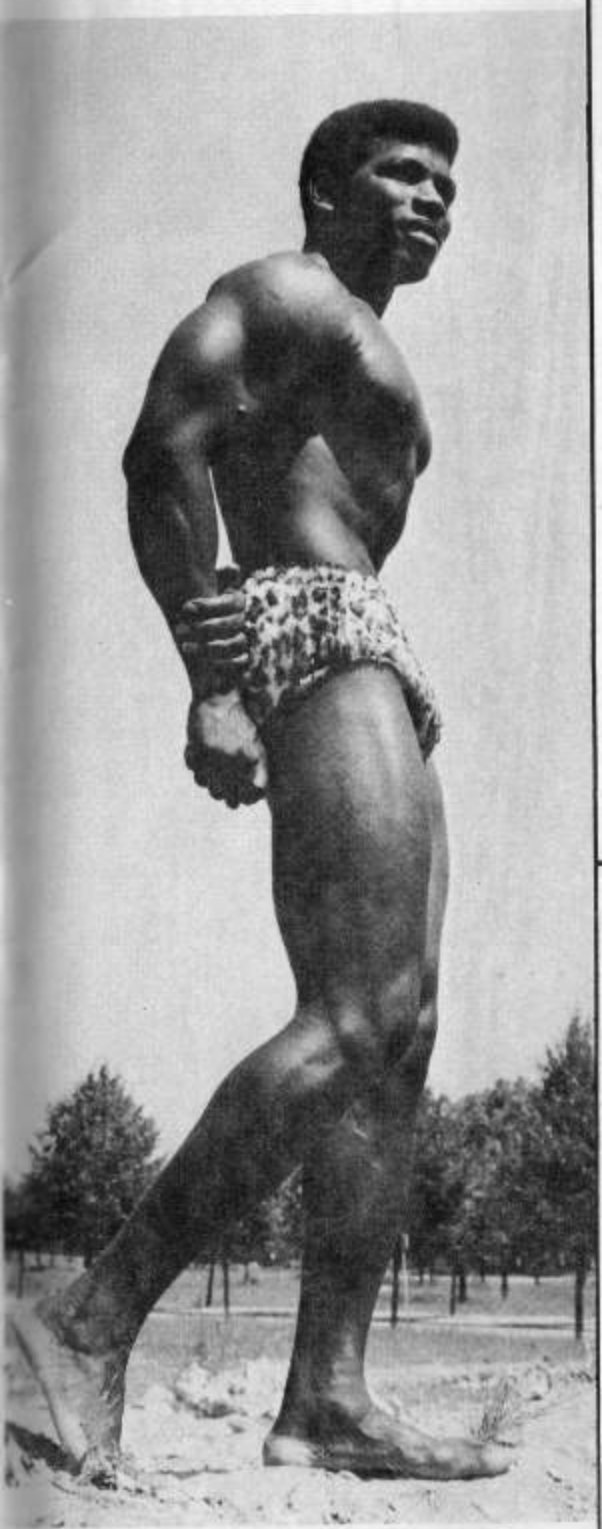

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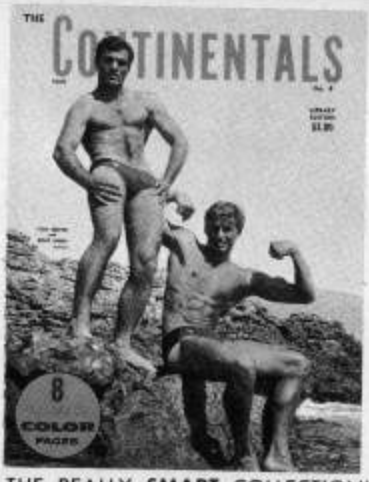

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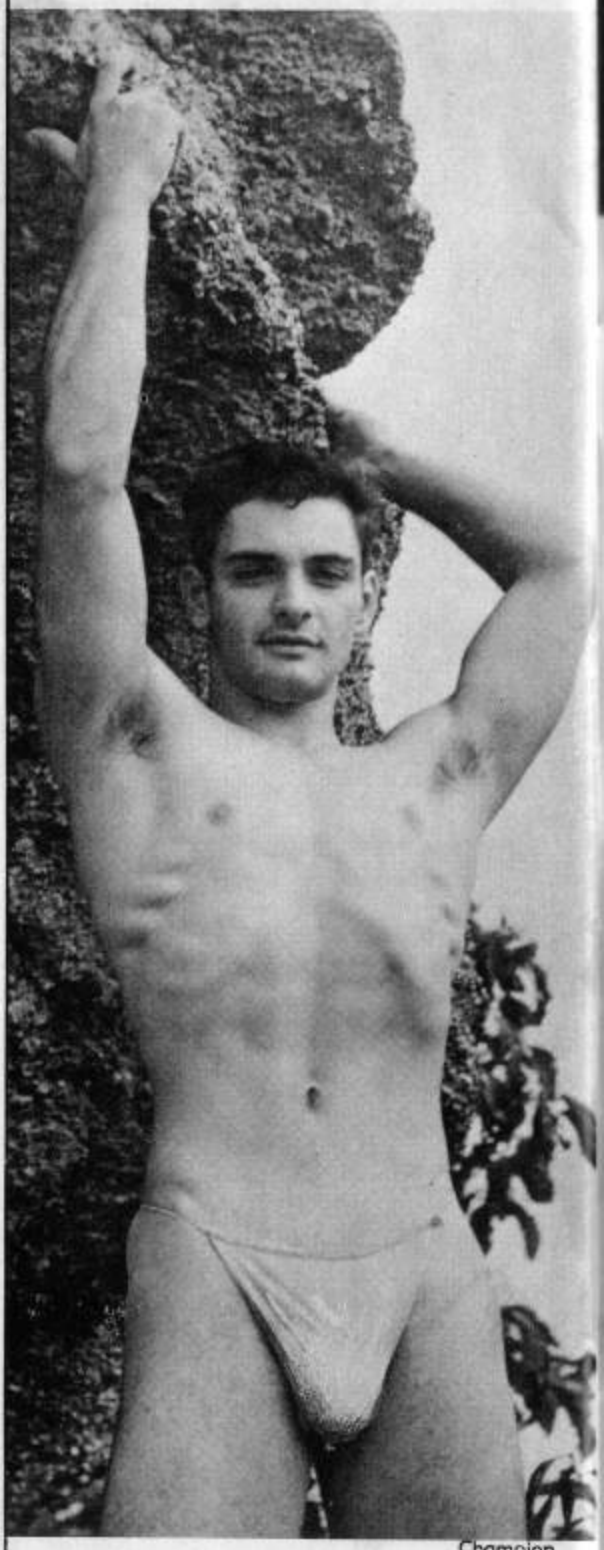

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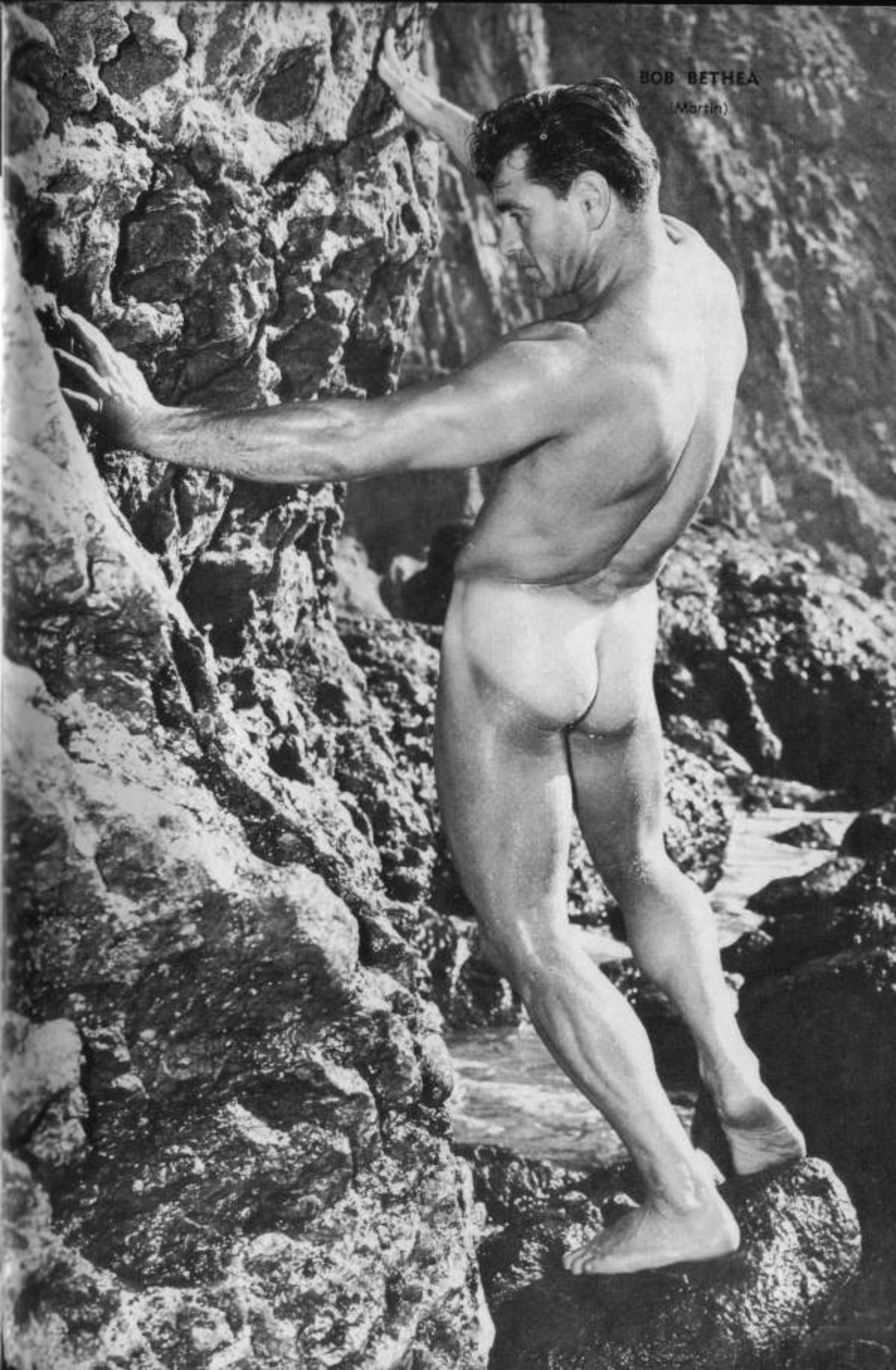
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